



awîna kâkî-kahtinam mispayow kinwâpamisowin?  
(Who can get cervix self-screening?)

âpihtikwê kâkî-kaskihtân ka-kinwâpamisowan pihtaw anima kocihtâwin atoskâcikan kîspin kiya iyiniw, akâmaskîwiwiniw, ahpô oski-takohtêw ahpô kiwîkin wawêtimihk ôtênâhk ahpô wâhyawihk êkota Alberta

poko mîna kiya :

- ✓ katahtoponêyan niyânan mitanaw niyânanosâp isko nikotwâsiko mitanaw kîkâ-mitâtahtosâp
- ✓ ayâyan mispayow
- ✓ âsay kî-wihpêmat kotak awiyak ayisiyiw nâpêw ahpô iskwêw
- ✓ ayâyan ê-miywâsik Alberta Health Care akihcikan

kakî-kinwâpamikawiyân tâpitaw kîspin kiya:

- ✓ ayâyan HPV cîstahikêwin
- ✓ ê-kî-wihpêmat kotak awiyak ayisiyiw nâpêw ahpô iskwêw
- ✓ pôni atawâsimisowin

êkâwiya itôta mitâhkay kinwâpamisowin kîspin:

- ✗ kî-ayâyan Pap kinwâpahcikêwin nisto askiya ahpô itôtaman mispayow kinwâpamisowin nâway pêyakosâp pîsimwak.
- ✗ mêkwac ki-ayawâwison
- ✗ kî-ayân pihcâyihk mispayow manicôsiwin
- ✗ iskwêyâc PAP kinwâpahcikan moy kwayask
- ✗ mêkwac colposcopy nâkatêyimikowisiwin ahpô kipakitinikawin nâway pêyakosâp pîsimwak
- ✗ mitâhkay mihkowin kâ-kîsi masiwêyan, ayitawihk takohtâkêwina, kîsi masiwêwin ahpô pôni-atawâsimisiwin

kîkwaya ka-mâmitonêyihtaman  
(Things to think about)

- mitâhkay mihkowin kâ-kîsi masiwêyan, ayitawihk takohtâkêwina, kîsi masiwêwin ahpô pôni-atawâsimisiwin, êkâwiya itôta kinwâpamisowin. pîkiskwâs maskihkêwiwiniw. mistêyihtâkwan ka-kinwâpahtaman itamahcihowina
- nâmôya kwayask HPV wihcikan kâkî pîkwîhtamîhikon ôma wihcikan moy itwêyimakanwa ê-ayâyan mitâhkâhk manicôsiwin mihcêyit ayisiyiniwak ka-kanâtanêyêw HPV omikêwin, êkwa namôya kahkiyaw awiyak kâ-ayât HPV omikêwin ka-kahcitikiw manicôsiwin.
- kinwâpahcikêwin anima ê-miywâsik osci moy kwayask wihcikana âpihtikwê ka-pîkwîhtamowin êkwa ayiwâk kinwâpahcikêwina ahpô nâtawihowin
- Kiwihcikan kâkî-itastêw makîkway HPV ê-miskâcikatêk kiyâm âta ê-mâci ayâwacik manicôsisak ahpô mispayow manicôsiwin. ahpô itikwê ka-wâpahcikâtêw HPV, kiyâm âta kimispayow pimâcisisak kwayask.

kakî-kahtinîn HPV cîstahowêwin?  
(Should I get the HPV vaccine?)

êhi awiyak kîkâ-mitâtaht êkwa ayiwâk itahtopiponêt kakî-kahcinahk cîstahowêwin anima cîstahowêwin miyopayan moy ka-kahtinamihk HPV kikwâya kâ-ispayiki mispayow manicôsiwina. êkota Alberta awiyak nîsomitanaw nikotwâsikosâp ahpô oskâyow kâkî-kahtinam anima cîstahowêwin makîkway ka-tipahhk.

kinwâhamâso ayiwâk ôta [myhealth.alberta.ca/topic/immunization/pages/hpv-9-vaccine.aspx](https://myhealth.alberta.ca/topic/immunization/pages/hpv-9-vaccine.aspx).

kahcipsinân  
(Contact Us)

Alberta Health Services  
Screening atoskâcikêwina

1-866-727-3926

[screeningforlife.ca/cervical](https://screeningforlife.ca/cervical)

Alberta Health Services Cancer Screening atoskâcikêwina ayâwak makîkway ka-kistêyihtamihk êkwa kâsowin osci ayisiyiniwak pêyakosâp êkwa miywâyâwin kiskêyihtamowin kâ-mâwacihtâcîk, âpacihtâcîk êkwa wihtahkîk kiskêyihtamowin, isi wicihtâsowin anima Freedom of Information and Protection of Privacy Act and Health Information Act.

kêko êyitowa nôcihitowi-pîsim 2024, otinamihk ê-pakitinamihk ohci BC Cancer

Plains Cree



mispayow  
kinwâpamisowin

nistam atoskâcikan  
(Cervix Self-Screening Pilot Project)

[screeningforlife.ca/cervical](https://screeningforlife.ca/cervical)



kîkâc kahkiyaw mispayow manicôsiwina pihtaw osci HPV. kâ-miywâsik âciwimowin anima mispayow manicôsiwin anima kîkâc kahkiyaw kâ-kî-nakinikâtêw pihtaw osci tâpitaw kinwâpahcikêwin.

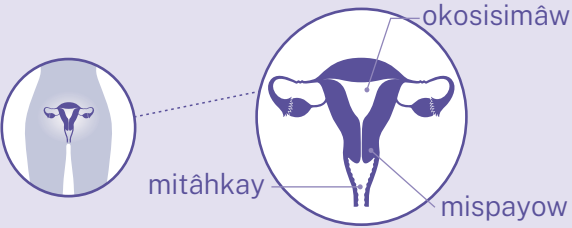
kîkway anima human papillomavirus (HPV)?  
(HPV, human papillomavirus)?  
(What is human papillomavirus [HPV]?)

HPV anima macâspinêwin ahkosiwin kâ-ahkisôskamâkêhk pihtaw osci masiwêwin mîna ka-sâminiht awiyak nihcâyihk, mitônihk, mitâhkayihk, êkwa miciskihk masiwêwin

mihcêyit ayisiyiniwak ka-ayâwak HPV omikêwin nânitaw opimâtisiniwâhk êkwa namôya ka-kiskêyihtamwak. mihcêwâ makîkway itamahcihîwina mistahi anima HPV omikêwina moy mistahi ayamihowin ispayinwa êkwa katîpayan osci miyawihk nânitaw nîso askiy.

mâka âskaw, atiht HPV moy katîpayinwa êkwa kâkî-ispayinwa kipimâcisisa kimispayow moy kwayask. ôki moy kwayask pimâcisisak âpihtikwê manicôsak ka-ispayiwak.

tântê anima mispayow?  
(Where is the cervix?)



tânihki mispayow manicôsiwin kinwâpahcikêwin mistêyihtâkwahk.  
(Why is cervical cancer screening important?)

ana pimâcisis mêskocipayiw kâ-ispayit isi mispayow manicôsiwin kâ-kî-ispayan êkwa kiya moy ka-kiskêyihtîn.

kinwâpahcikêwin kâkî-wicihtâsômadan :

- miska ayiwâk kîspin kiya âpihtikwê ka-mâci ispayiwak moy kwayask pimâcisisak. miskawihcik êkwa nâtawihcîk moy kwayask pimâcisisak kâ-kî-nakinikâtêw manicôsiwin.
- miska manicôsiwin wêpac kîspin astênwa ayiwâk nâtawihowin itôtamowina.

mêtauwê waskawêwin  
kipimâtisiwinihk.

mispayow kinwâpamisowin anima  
wihcasin kinwâpahcikêwin osci mispayow  
manicôsiwin kiya, pokwêti itêyitamani  
ê-miywâsik.

tânihi ka-mâmitonêyitamân  
kinwâpamisowin?  
(Why should I consider self-  
screening?)

- kinwâpahcikâtêw osci HPV, anima ahkosiwin  
kâ-mêskocipayicik pimâcisisak mispayow kâ-  
ispayicik isi manicôsiwin.
- nâmôya kâkatâcs ka-wâpamat  
maskihkêwiyiniw ahpô ka-kahtinan mitokan  
kinwâpahcikêwin.
- kâki-itôtâson anima êkota kîkikh
- wihcasin êkwa namôya wîsakan: âpacihtâ  
apisâsik, Q-tip pihcipikanis ka-mâwacihtâyan  
kinwâpahcikan osci kimitâhkâyihk.
- makîkway ka-tipahamihk.
- HPV kinwâpahcikêwin mitoni kwayask. kîspin  
anihi kinwâpahcikêwina wâpahcikâtêw  
makîkway HPV, kâki-itôtîn kihtwâm nisto isko  
niyânan askiy.

kwayask nika itôtîn? ka-wîsakan?  
(Will I do it correctly? Will it hurt?)

anima kinwâpahcikêwin wihcasin êkwa namôya  
wîsakan. ki-mâwacihtân kinwâpahcikanis  
pihtastâyani pihcascikanis kimitâhkayihk, namôya  
wâhyaw pihcâyihk.

kîspin kitâskôhîn âskôhkêwina pihcâyihk  
kimaskimotihk, kwayask kitôtîn. anima  
kinwâpahcikan kâ-mâwacihtâyan kwayask tâskoc  
awiyak maskihkêwikamihkok ê-otinahk.

tânisi itwêyimakahki niwihcikana?  
(What do my results mean?)

**kîspin makîkway HPV miskâcikâtêw:** namôya  
kihtwâm kinwâpahcikêwin ka-itôtaman nisto isko  
niyânan askiy mistahi nâmoya kitayâyâwak moy  
kwayask pimâcisisak kimispayow.

**kîspin HPV miskâcikâtêw :** inînakwahki kiwihcikan,  
âpihtikwê kinitawêyihîn Pap kinwâpahcikan ahpô  
pihcâyihk kimîsiyâpiya ka-kinwâpamikawiyân  
(itôtamowin anima êta kâ-kinwâpamiht cîki  
mispayow)

namôya itwêyimakan ê-ayâyan ahpô ê-wî-ayâyan  
manicôsiwin. itwêyimakan ayiwâk kiyohkêwina isi  
maskihkêwiyiniw nitawêyihcikâtêwa.

mispayow kinwâpamisowin kinwâpahcikêwina osci HPV.  
(Cervix self-screening tests for HPV)

- HPV kinwâpahcikêwin nitonikâtêw anima  
ahkosiwin kâ-osihcikêyimakahk manicôsiwin.  
kâki-miskâcikâtêwa osci aniki ayisiyiniwak ka-  
ayâcik moy kwayask pimâcisisa mêskocipayinwa  
pihtaw osci mistahi kwêspinâtahk HPV.
- kiskisi moy kahkiyaw HPV omikêwina ispayinwa isi  
manicôsiwin. mihcêyit omikêwina kakatêpayinwa  
êkwa makîkway ayamihowina ka-môsihtâhk.
- ikospî moy kwayask pimâcisisa mêskocipayinwa  
miskâcikâtêwa wêpac, aniki pimâcisisak kâki-  
nâtawihkowiwak moy mispayow manicôsiwin  
ka-ohpikik. êyikwâanima osci kâ-mistêyihkâwahk  
ka-kinwâpamikawiyân tâpitaw êkwa kotak  
kinwâpahcikêwin ka-itôtamihk kîspin HPV  
miskâcikâtêw.



HPV kotêyimikowin  
kinwâpahcikâtêw HPV  
miyiwin

HPV kinwâpahcikêwin  
(HPV test)

mispayow kinwâpamisowin âpacihtâhk HPV  
kinwâpahcikêwina ka-nitonamihk mistahi  
kwêspinâtahk HPV kimitâhkâhk. HPV  
kinwâpahcikêwin moy nitawêyicikâtêw  
kinwâpahcikan/pimâcisisak ohci kimispayow.



pap kotêyimikowin kinwâpahcikâtêw  
moy kwayask ohpikihînasak  
mêskocipayicik pihtaw osci HPV

Pap kinwâpahcikêwin  
(Pap test)

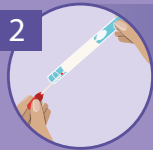
anima Pap kinwâpahcikêwin ikospî mâna  
maskihkêwiyiniw kâ-mâwacihtât kipimâcisisak ohci  
kimispayow. ôhi kinwâpahcicana ê-kinwâpahtamihk  
osci pimâcisisak mêskocipayicik pihtaw osci HPV.

tânisi êsi kakinwâpamikawiyân  
(How to get screened)



1  
kahtina kinwâpamisowin  
maskimocis.  
(Get a self-screening kit)

kîspin kikaskihon, nâtisaha  
pêyak maskimoc mahtâwinohk  
([screeningforlife.ca/cervical](https://screeningforlife.ca/cervical))  
ahpô sêwîpita (1-866-727-3926).  
anima maskimoci ka-takopayan  
masinahikan sipwêtisahikêwinihk.



2  
kîsihtâ anima  
kinwâpahcikêwin  
(Complete the test)

kwayask âskôha anima  
wihtamâkêwina êkota  
maskimocisihk. anima  
kinwâpahcikêwin moy wîsakan  
êkwa wihcasin ka-itôtamihk.



3  
wayinohtâ anima maskimocis osci  
kinwâpahcikêwin  
(Return the kit for testing)

sipwêtisaha kâ-kîsihtâyan kimaskimocis  
êkota ciki masinahikan sipwêtisahikêwin  
maskimotihk ikospihk pêyakwan kîsikâw  
kâ-mâwacihtâyan kikinwâpahcikan.  
nikaskihtânân ka-wâpahtamâhk  
kiwihcicana mahtâwinohk (MyHealth  
Records or MyAHS Connect) êkwa  
kahtina pêyak kâ-sipwêtisahamihk  
masinahikan. kiskêyitamowina kakî-  
wâpahcikâtêwa nânitaw nêwo isko  
nikotwâsik ispayinwa.



kîspin kinitawêyihîn Pap kinwâpahcikêwin  
ahpô kitayân itamahcihowina  
(If you prefer a Pap test or have symptoms)

itohtê [albertafindadoctor.ca](https://albertafindadoctor.ca)  
ka-miskawiht maskihkewiyiniw.  
ka-miskaman êta ka-pihtikwêhk  
maskihkêwikamik ciki êta kâ-  
wîkiyan, sêwîpita Health Link at  
8-1-1 ahpô itohtê [yp.ca](https://www.healthlink.ca).